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PRESS RELEASE – For Immediate Release

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Appearance of Influenza in Idaho Prompts Burley District Health Office to Offer More Shots

Idaho has experienced several local cases of influenza in the past few weeks and Utah is reporting widespread influenza activity according to the Centers for Disease Control and Prevention (CDC). In response, South Central District Health has scheduled an influenza vaccination clinic in Burley on Friday, Jan. 6, from 8:30 – 11 a.m. Call 678-8221 to make an appointment. Additionally, some local Mini-Cassia health care providers have received December shipments of influenza vaccine, so clients are encouraged to call their physician for an appointment if they were told to expect vaccine in December.

Those individuals who have health conditions that make them vulnerable to serious complications from influenza are encouraged to get a flu shot as soon as possible. The peak influenza season in south central Idaho is late December through early March, and it takes roughly two weeks for a person to develop immunity to influenza after receiving a flu shot.

People age 65 and over; residents of nursing homes and long-term care facilities; those with chronic long-term health problems including chronic lung disease (COPD, asthma, emphysema, etc.), congestive heart failure or congenital heart disease, diabetes or kidney dysfunction, sickle cell disease, or HIV; and women who will be at least three months pregnant during influenza season should all receive an influenza vaccination. The CDC is also recommending that children between the ages of 6 and 23 months receive an influenza vaccination. The first time children receive influenza vaccine they need two shots, given one month apart, to develop immunity.

Influenza viruses are spread from person-to-person primarily through the coughing and sneezing of infected persons. Influenza is characterized by the abrupt onset of fever, headache, severe discomfort, muscle tenderness or pain, nonproductive cough, sore throat, and a very runny nose. To prevent the spread of influenza, people with symptoms are encouraged to stay home for five days after symptoms begin.

DATE / TIME	PLACE	CONTACT
<i>Special Flu Shot Clinic:</i> Friday, Jan. 6 8:30 – 11 a.m.	South Central District Health Office 2311 Parke Ave., Unit 4, Suite 4 Burley	Burley SCDH Office 678-8221

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